



# Family Support Bulletin

## Friends of Family Readiness are Friends of the YARS Community

What do you do when the world feels like it is crashing down on you because of a bill that must be paid? Or where do you turn when there is one too many emergencies for your emergency fund to handle?

There are, of course, a variety of options such as family, an extra job, and so on. But the Friends of Family Readiness private organization on Youngstown Air Reserve Station is here for the entire community, regardless of branch of service or status (that includes civilian employees).

The Family Support Office is the public face of Friends of Family Readiness. All information brought to Family

Support to request assistance is datamasked before being presented to the com-



mittee for review.

The committee is a group of volunteers from the base community who administer the donated dollars that provide grant assistance to the community. That's right: there is no repay plan. It's a gift.

Like the requesting person, the committee is also anonymous.

However, their unseen work has made a huge difference in the community. In recent months, they have kept the power on in a family home where shut off was inevitable, they've paid for prescriptions, they've approved assistance for winter wear for a child, and for many car repairs.

Friends of Family Readiness operates on donated dollars. Those dollars come from some community organizations, but they primarily come from the Combined Federal Campaign (CFC). We encourage those in our community who can afford it to donate to Friends of Family Readiness through the CFC so their good work can continue. Their CFC number is

## Who's Your Wingman? The Wingman Concept

The Wingman concept is a promise, a commitment between Airman, whether military or civilian. Designed to instill a stronger community, the Wingman culture is dependent upon everyone demonstrating respect and appreciation for each other in our daily interactions.

The attributes of a good Wingman are:

- Providing emotional & intellectual support
- Showing true concern
- Active listening
- Can identify stressors
- Knows assistance programs available
- Intervenes when needed
- Doesn't dismiss signs of stress, suicide, or steroid use
- Doesn't accept irresponsible, illegal, or self-destructive behaviors
- Develops true caring relationships with co-workers

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*Being a great Wingman means recognizing when other Airmen are in distress and having the courage to care. I am asking each of you to make being a wingman a habit, not just a slogan. ....*

*That's where 'Service Before Self' begins—with you and your teammates.*

Gen T. Michael Mosley



## Special Offers .. For us all

We want to let you know about a couple of special opportunities to give and get.

Under the *giving* column, Family Support is collecting items for Someplace Safe (the

Warren area shelter for families in domestic crisis). The items being looked for are: baby blankets and toys; Disney movies; fishing poles; tackle boxes; craft items; hair acces-

sories; bowling, movie, spa, hair-dresser, and skating passes; purses; teen clothes; alarm clocks; jewelry boxes; nail care kits; slippers; watches; wallets; cameras; robes; perfume; interview clothes for women; large heavy duty trash bags; laundry detergent; fabric softener; fabric sheets; Lysol; scrubbing pads; rubber gloves; disposable latex glove; liquid antibacterial soap; mops; brooms; dustpans; toilet paper; paper towels; tissues; tea bags; sugar; coffee; canned meats; cereal; snack cereal bars; potato buds; stuffing; spaghetti sauce (canned, please); ravioli, spaghetti; meal kits in a box (ie Hamburger Helper); soup, canned vegetables; canned fruit; peanut butter; jelly; ketchup; and mustard.

The Chaplain's Office is collecting for a men's shelter in Cleveland as well. The items needed for this location are basic men's toiletries such as canned shave cream, razors, doc kit bags, shampoo, soap, towels, socks, undergarments, t-shirts, and ties.

In the *getting* column is the annual Operation Family First program offered by the Cleveland USO. In this program, children under 18 years old that are family members of military are entitled to a gift from the USO regardless of the family income. By contacting the USO using the information on their webpage ([www.usocleveland.org](http://www.usocleveland.org)), families can obtain a gift for each of their children.

Contact Family Support for complete information.

## One kind word can warm three winter months. Japanese Proverb

### Babies: The Best Gift (& Family Support Has a Gift Too!)

There is a special holiday song that Barbara Streisand sung many years ago. It is called "The Best Gift" and in it she sings about all the things the gift did to make the holidays more wonderful and happy, but that the gift was not "wrapped up 'neath the .. tree," but was a "tiny, newborn child."

Children bring so many gifts and wonders to the lives of their parents. They also bring needs for basic necessities and wants for the kids.

The Air Force Aid Society sponsors the

Bundles for Babies program in the Family Support Office. This program is for Air Force families late in pregnancy and is designed to discuss the financial and other preparatory realities of children soon to arrive. To help defray these costs, AFAS has provided materials for a "bundle" of goods: a layette, information, a carry bag. The gracious crocheters of a local church have provided blankets and hat/sweater sets.

Navy/Marine families expecting a child can come to the Family Support Office for a brief appointment to discuss the

To Right:

Hailee Brooke, daughter of  
SrA Mark Meyer, 910 CF



same issues and a miniature seabag full of layette items will be sent to the family courtesy of Navy/Marine Corps Emergency Relief Society's Seabags for Babies program.

AND

The USO in Cleveland also has a Seabag program for military members of any branch of service who are expecting a child shortly. The USO should be contacted for these bags. Their phone number is 800-503-8766 or their webpage is <http://www.usocleveland.org>

## Director's Corner: What Can You Do?

A wonderful modern day philosopher holds the perspective that we all choose our outlook and our method of dealing with life. He comes by this philosophy from the point of view of being a child survivor of the holocaust.

Our lives are ours to make great or miserable in spite of the challenges that naturally fall our way. A good "for instance" is a lean period of time in my life when I decided that volunteering at social events at church might mean a good hot meal occasionally and some

company. In addition to what I expected, there were always leftovers that would last a week to take home, new friends, and a lot of fun. Bonus!

So, if you are in a situation that seems less than wonderful and it is the Fall when it is getting darker and the season of cheer is coming, what are some things you can do?

Perhaps you can get involved in some of the free activities in your area (read the community paper or ask at the library near you). Or, as much as the

snow is cold, you could always take a long walk and enjoy it's beauty. Take a page from me and volunteer at a soup kitchen or shelter (they need help everyday). Help an elderly neighbor cook or write a letter. Sign up to volunteer rocking babies at a hospital. Or sing along at the mall ... silly, but fun, get your picture taken with Santa at the mall. Smile.

If you get to feeling overwhelmed, contact Family Support for some ideas on where to go for help feeling better.



## Some Cyber Family Support

Air Force Crossroads ([www.afcrossroads.com](http://www.afcrossroads.com)) is a website well worth the family checking out. Not only is there information about bases, military news, family news, and some really creative recipes and message boards, there is a new message board for spouses of deployed personnel.

As with all message boards on AF Crossroads, this spouses message board is reviewed regularly by DoD Family Mat-

ters staff. If a rumor is being written as fact or someone expresses a problem or asks a question that doesn't seem to be answered, the reviewers will contact the writer with information and support.

It is easy to get to the message board. Log into AF Crossroads, select "Spouse Network" and then select "Deployed Spouse Forum."

What a great tool to talk with others in

the same position, facing the same challenges and experiencing the same joys!



## Planning Ahead

### The Holiday Season is Coming!!

You may not want to hear that, but in 85 days from this writing, it will be Christmas. In 92, New Years. Wow!

Some holiday seasons find us flush and others find us in need of help to just keep the lights on. Family Support would like to know if you want to

help or need help through the holidays this year. All requests to assist or be assisted will be kept confidential within the Family Support staff.

So, if you can reach out a hand or need a hand, we want to hear from you through a visit to our office or a phone call at (330) 609-1201.

## Youngstown Air Reserve

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3976 King Graves Rd, Unit 40  
Vienna, Ohio 44473

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Family.support@youngstown.af.mil

**Readiness is Our  
Mission!**

We're on the Web!!  
[http://www.youngstown.afrc.af.mil/  
units/910thfamilysupportcenter/  
index.asp](http://www.youngstown.afrc.af.mil/units/910thfamilysupportcenter/index.asp)



## From HealthDay News:

While stress is an unavoidable part of life, learning how to manage the tension can help ward off stress-related health problems. Here are some stress busting tips from the Detroit Medical Center:

- Do something just for yourself
- Discuss your feelings with a friend or family member
- Exercise at least three times a week
- Avoid overindulging in food, alcohol, or over-the-counter medications
- Eat at least one hot meal a day
- Cut down on drinks that contain caffeine
- Learn and use meditation or relaxation exercises
- Take up yoga or Tai Chi
- Go see a funny movie or rent a comedy
- Have regular physical examinations

## October is Fire Prevention Month!

Some great ideas and facts from the 910 AW Safety Office in relation to Fire Prevention:

- 4% of all residential fires were reportedly caused by smoking materials in 2002. These fires, however, were responsible for 19% of residential fires *fatalities* and 9% of the *injuries*.
- In 2005, a civilian died in a fire every 143 minutes and a civilian was injured in a fire every 29 minutes.
- Although smoke detectors are in 92 percent of American homes, nearly one-third don't work because of old or missing batteries
- Fires in the home most often

start in the kitchen (29%), Bedroom (13%), living room (7%), chimney (5%), laundry area (4%).

It is a good idea to:

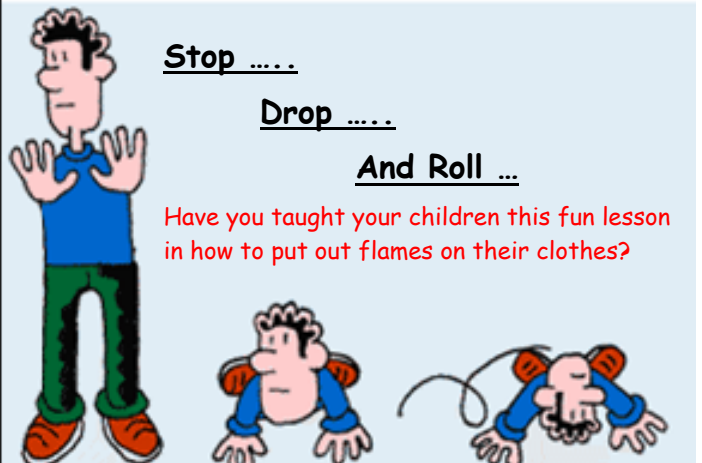
- Change your smoke detector batteries twice a year (time change day is a good reminder)
- Check your smoke detectors for proper functioning
- Get rid of dust & cobwebs on/in the smoke detectors

## Stop .....

## Drop .....

## And Roll ...

Have you taught your children this fun lesson in how to put out flames on their clothes?



- Install a fire extinguisher in or near the kitchen
- Plan and practice the family safety and escape plan in case of fire